



Mentor Logistics

**Utah Department of Health
Gold Medal Schools
Healthy Foods Policy**

The Gold Medal Schools program (GMS) is dedicated to providing a school environment that supports faculty, staff and students' health. Most scientists agree that certain dietary factors are associated with the prevention of chronic diseases such as heart disease and cancer.

Accordingly, GMS is committed to providing faculty, staff and students' with healthy food choices that support their efforts to feel well, be healthy, and prevent disease.

Therefore, when GMS funds are used to purchase food, GMS will require that all food and beverages offered meet the *Healthy Schoolsite Nutrition Guidelines*.

The accompanying document *Healthy Schoolsite Nutrition Guidelines* defines what GMS considers to be healthy food options. It also offers food suggestions and tips on planning healthy eating for school events.

Gold Medal Schools

Healthy Schoolsite Nutrition Guidelines

Healthy Food Policy Guidelines (Per Serving)

All food and beverage items will:

1. Have 30% or less of its total calories from fat; and have 10% or less of its total calories from saturated and trans fats combined.
2. Have 35% or less of its weight from sugars, excluding sugars occurring naturally in fruits, vegetables, and dairy ingredients.
3. Have no more than 700 mg of sodium.
4. Have at least 3-5 grams of fiber.

Fruits, vegetables, and legumes meet all of the Healthy Food Policy Guidelines.

To meet the Healthy Food Guidelines, all food and beverages will:

Guideline #1 (Fat Guidelines)

- Use low or non fat dairy products.
- Use “Healthy” Oils – Olive, Canola, Flax.
- Be prepared with reduced-fat or fat-free mayonnaise.
- Be prepared without frying.
- Use low-fat or fat-free cheese.
- Use lean meats.
- Use vegetarian or whole beans.

Guideline #2 (Sugar Guideline)

- Not have sugar or high-fructose corn syrup as one of the top 3 ingredients.

Guideline #3 (Sodium Guideline)

- Not have salt or sodium as one of the top 5 ingredients.

Guideline #4 (Fiber Guideline)

- Use/Contain whole grains – whole wheat/grain bread, pasta, brown rice, etc.
- Use vegetarian or whole beans.

Substitution Requests

It may not always be possible to know the exact nutritional content of menu items. When the following substitutions are requested from and made available, it is likely that the menu item will meet the *Healthy Food Policy Guidelines*.

Healthy Food Substitutions by Meal

Beverages

- Water
- 100% fruit and vegetable juices, 6-8 oz. serving sizes
- Fat-free and light (1%) milk
- Coffee and tea
- Fat-free milk in addition to half and half or creamer for coffee and tea
- Fat free or low-fat fruit smoothies or frozen yogurt-based milkshakes

Breakfast and Brunch

- Fruit
- High-fiber cereals like bran flakes, low-fat granola, oatmeal
- Whole wheat toast, bagels, English muffins, and muffins instead of doughnuts, fruit breads, Danishes, and pastries. Request that bagels to be cut in half or quarters and small or “mini” muffins.
- Fruit spreads and light cream cheese in addition to butter for toast and bagels
- Fat-free and light (1% milkfat) yogurt
- Fruit toppings (raisins, dried fruit mix, fresh strawberries, bananas, blueberries, peaches) for hot and cold cereals
- Avoid pancakes, waffles, and crepes
- Vegetables for omelet fillings or added to scrambled
- Eggs made with egg substitute or without yolks
- Canadian bacon instead of high-fat meats like sausage or bacon
- Baked hash browns instead of fried hash browns

Lunch and Dinner

- Whole grain breads instead of white bread for sandwiches (“wheat bread” is not the same as “whole-wheat or whole-grain” bread – make sure you request “whole”)
- Baked instead of regular chips
- Salad dressings on the side, including light versions
- Broth or vegetable-based soups instead of cream/cheese-based soups
- Fruit as a side item or dessert
- Vegetables as a side item – if cooked, seasoned with fresh herbs instead of butter or cream sauces
- Brown rice instead of white rice
- Pastas with tomato or other vegetable-based sauces, instead of cream sauces (whole-grain pasta preferred)
- Chicken, turkey, and fish instead of beef, pork, and lamb – request 3-4 ounce serving size
 - Steamed, poached, baked, and broiled meats instead of fried

- Avoid mayonnaise-based salads and sandwich spreads (tuna/egg salad) or request “light”- or low-fat mayo.
- Reduced-fat cheese in menu items requiring cheese, like lasagna
- Fruit desserts such as fruit pie and cobbler
- Baked potato toppings such as assorted vegetables, beans, and low-fat cheeses, low-fat sour cream or plain yogurt
- Whole or vegetarian refried beans

Snacks

- Whole or cut fruits and vegetables
- Baked tortilla chips with vegetarian (mo lard) bean dip and salsa
- Pretzels, hot pretzels with mustard (request the pretzels be cut in half), or plain popcorn
- Mid-morning and mid-afternoon breaks, offer fruit and/or vegetable trays instead of cookies, pastries, doughnuts, and other foods with high sugar/fat content and minimal nutritional value.

Healthy Food Substitutions by Ingredient

Sour Cream Substitutes

- Plain low-fat yogurt
- 1/2 cup cottage cheese blended with 1-1/2 teaspoon lemon juice
- Fat-free sour cream

Whipped Cream Substitutes

- Chilled, whipped evaporated skim milk
- Nondairy whipped topping made from polyunsaturated fat

Cream Substitutes

- Evaporated skim milk
- Skim or 1-percent milk (as a beverage or in recipes)

Ice Cream Substitutes

- Low-fat or nonfat ice cream
- Frozen low-fat or nonfat yogurt
- Frozen fruit juice products
- Sorbet